

BATH FOR PROTECTION AND PURIFICATION

Steep a teaspoon of basil in a cup of boiling water, and strain out the herb.
Add it to your bath water for a protective and cleansing influence.
It is particularly useful to clean off the feelings left by contact with those who are negative or controlling.

LAVENDER BATH

This spell will refresh and cleanse you. To begin, cast a circle in your bathroom. Call the elements, and light a lavender colored candle. Then blend in a muslin bag a teaspoon each of lavender flowers, chamomile flowers, and dried crushed rosemary. Hang the sachet under the faucet, and draw your bath water, allowing it to pour down through the herbs. Add a half cup of lemon juice to the bath. When you settle into the tub, lean back, relax, and take three deep breaths. Close your eyes and focus on the excess tension and stress in your body. Feel the herbs and lemon draw it out of your muscles and mind. Thoroughly clean your tub when you are done to remove any residue of negative energy from the bath water.

MONEY RITUAL

Perform on the three nights before the full moon, the night of the full moon, and the three nights after, using the same candles.

Ritual Bath: Use money bath salts, candlelight. Bring power through head and feet to cleanse any negativity. Get in water and focus on goal. (When you drain the tub, negativity will go down the drain). Cast circle. Light altar candle, God & Goddess Candle. Invoke Gods.

Anoint green pillar candle with lodestone oil, visualizing putting your energy for your goal into the candle.

Visualize the goal as already existent. Rub candle with cinnamon and cloves. Burn money incense.

LAVENDER BUBBLE BATH

1 bunch Lavender 1 large bottle clear organic shampoo
5 drops oil of Lavender Clean wide-neck jar with screw top
Place Lavender head down in the jar. Cut down to fit.
Add shampoo and Lavender oil. Close and place in sunny window
Strain and re-bottle. Use 1 tbsp. in a bath.

HEALING WATERFALL SHOWER SPELL

While in the shower, visualize yourself standing under a waterfall. Ask the spirits of water to cleanse, consecrate and empower your body, mind and spirit in the name of healing. As the water runs down your body, visualize the negativity swirling off you and down the drain. When you towel dry, ask the spirits of the air to cleanse, consecrate, and empower your body, mind and spirit in the name of healing as well.

LAVENDER MINERAL BATH

$\frac{1}{2}$ cup solar dried sea salts $\frac{1}{4}$ cup Epsom salts
 $\frac{1}{4}$ cup dead sea mineral salts 40 drops lavender EO
Mix all ingredients well (adding EO last) store in a glass jar or tin and use $\frac{1}{4}$ cup per bath.

HEALING AND TO REMOVE PAIN

Materials required: Muslin bag/Dead sea salts/lavender herb/lavender oil.
Fill your muslin bag half way with the dead sea salts, add two teaspoons of lavender herb and one drop of lavender oil. Tie up the bag and include in your bath.
Close your eyes and feel your body soak up the healing herb, salt and oil.
Chant the rhyme:

*Pains and Aches and Evil Things
Fly from me on rapid wings!
Leave my body, don't return
For peace and quiet I do yearn.
Surround me in Her radiant light.
Magic power pure and white
Banish forces of the night!*

LAVENDER BATH BOMBS

Lavender essential oil is reassuring, soporific, and is often the first choice of aromatherapists for treating emotional or mental stress. It also reduces muscular pain, whether from illness or physical exertion, and soothes the skin.

Ingredients:

4 cups Epsom salts 2 cups Sea salt 1 cup non fat powdered milk
2 cups oatmeal ground to a very fine powder in a food processor or coffee grinder.
40 drops of lavender essential oil
Mix together all the dry ingredients in a large bowl, sieve if you wish, then add the lavender 10 drops at a time, thoroughly mix it through.
Do this 4 times, so that the lavender essential oil is distributed.

HERBAL BATHS

Rejuvenating bath:

This bath will aid in sinus relief and cold symptoms, increase metabolism and ease muscular pain. It is a very rejuvenating bath. 1/2 cup each of yarrow flowers, elder flowers, mint leaves and rose petals. Place in a cheesecloth or nylon bundle and let seep in the bath for a few minutes and enjoy. The bundle can be used to gently scrub the body as well. Also, prepare a hot infusion of Chamomile, yarrow flowers, elder flowers and mint leaves to drink while in the bath.

Soothing bath:

This bath soothes the skin and increases circulation 1/2 cup each of Comfrey leaves, chamomile and lavender flowers and mint leaves. Use procedure as above for rejuvenating bath.

LAVENDER GETAWAY BATH

For a soothing winter bath, put 2 tablespoons of lavender buds (*Lavandula angustifolia*) and 2 tablespoons of finely ground oatmeal into a small muslin bag or a piece of cloth. Secure tightly with a string or rubber band. Tie the bundle with the string or a piece of ribbon so that it under the spigot of your bathtub.

Once the bath is full, try rubbing the bundle gently over your skin.

Both the lavender and the oatmeal will work to soothe dry skin and calm frazzled nerves as well.

A CLEANSING RITUAL

1 tbs bicarbonate soda 5 drops essential oil juice of 1 lemon

1 tsp. good oil, such as sweet almond ½ cup sea salt

Stir the soda, essential oil, lemon juice and oil together and then blend in the salt.

Dissolve in the bath water.

Light 4 candles (colors of your choice) and place at the 4 corners of the tub.

Step slowly into the bath water, feeling it envelope around you. Close your eyes.

Visualize yourself laying on the surface of the ocean. There is nothing around you, you are alone and at peace. Feel the warmth of the sun beating down on you. Say either out loud or quietly to yourself:

Be Comforted, All is well Now you are blessed.

You have life to nurture and nurture you.

Be calm. Be easy. Be Comforted. You are blessed.

VERBENA BATH

Vervain leaves - 4 stalks worth Honey 1/4 cup
Florida water or other perfume (a few dabs) 1-1/2 cups of water
Blend all ingredients in a blender. Combine this in a gallon jug and fill with warm water.
Stand in shower and dump mixture all over, then just towel off. Its an invigorating herbal wash that is great after ritual or when you feel slightly off kilter.

BE SEEN MORE ATTRACTIVELY

Fill your bathtub with water and scatter some fresh rose petals in it. Light some vanilla candles and/or incense.

As you lie in the water, meditate on the image you would like to project and say these words:

*Earth, Air, Fire, Sea
Let the Goddess' beauty
Shine through me*

BATH WATER HEALING SPELL

Into your bath water, add 10 drops olive oil, 10 drops cypress oil, and 10 drops lavender oil.

Anoint your hand with sandalwood oil and skim your hand over the surface of the water 3 to 12 times while saying:

*"Into this water The power I send
Stress shall unwind Wounds shall mend."*

Light yellow and blue candles, enter the tub and soak. Let the vapors take away your stress and hurts.

NO MORE SORE MUSCLES BATH

2 parts Thyme (This herb is a great muscle relaxant.)
2 parts rosemary 2 parts lavender 1 part cramp bark 1 part Epsom salt

IRISH HEALING WATERS SPELL

Take equal parts of lavender, violet, and rosemary. Empower them and Then boil them in a pot with about a quart of water over medium heat. When the water is richly colored and the herbs are scenting your kitchen, drain the water off into a jar. A plain coffee filter works great for this.

Place the jar in sunlight for an entire day to absorb the radiant energies of the sun.

You can do this on a Wednesday to add the healing powers of mercury to the spell*

Occasionally look at the jar and add your own energies to it.

Just before sundown fetch the jar and hold it firmly between your hands Just below your naval. Feel your desire to be well filling the jar and with your minds eye see it glowing brightly as the sun.

Chant these words until you have filled the jar with as much energy as it will hold.

By the herb and by the sun

Wellness and I are now as one

Strengthening energies now are merged.

Baneful energies now be purged

Anoint spots where illness lurks or on your belly if you are unsure where the source of discomfort lies. Or pour contents into bath water.

A HEALING BATH

Take a lit silver or white candle, some salt, and a healing oil (such as carnation, violet, sandalwood, or narcissus) into the bathroom. By the candle's light run a tub of very warm water.

Cast some salt into it, add a few drops of healing oil, and then step into the tub. Relax. Feel the warm salted water sinking into your pores, through your skin, sterilizing the sick portions of your body. Visualize the 'black worms' leaving it, if you wish, and when you feel the water teeming with them pull the plug and let the water drain out. While it is draining, chant:

*The sickness is flowing out of me,
Into the water; down to the sea.*

Only when the tub is completely drained, stand up. It is best to immediately splash your body with fresh water (a shower is ideal) to remove the last vestiges of the disease of sickness-laden water.

Repeat as needed to speed your body's recovery.

BATH SPELL FOR NEGATIVITY

Place 1/2 cup vinegar, a bunch of fresh rue and 1 tablespoon of salt in your bath. Light a white and a blue candle. Imagine yourself surrounded by blue light, giving you positive energy. Visualize all of the negative energy leaving your body through every pore.

HEALING BATH

--white candle sea salt
--healing oil such as carnation, violet, sandalwood, or narcissus

Light the candle, and by the candle's light run a tub of very warm water. Cast some salt into it. Add a few drops of healing oil of your choice and then step into the bath. Relax. Feel the warm salted water sinking into your pores, through your skin, sterilizing and healing the sick portions of your body. Visualize the sickness leaving your body and entering the water. When you feel that the sickness has entered the water, pull the plug and let the water drain out. Stay in the bath while it is draining and chant:

*The sickness flows out of me,
Into the water, into the sea.*

Wait until the tub is completely drained before you stand up.
Then take a shower to remove the last traces of the sickness - laden water.
Repeat whenever needed to speed your body recovery.

BATH FOR PROTECTION AND PURIFICATION

Steep one teaspoon of dried basil in a cup of boiling water. Leave for five minutes, and then strain. Add the liquid to your bath water to bring a protective and cleansing influence. This herbal bath is particularly useful to rid oneself of the negative feelings left by contact with those who are controlling.

A PEACE BATH

Draw a bath for yourself. Pour a tablespoon or so of milk into a large bowl of water and say:

'Water ripples on the breeze...'

Add several rose petals (fresh or dried) to the bowl of water and milk. Say:
'Thistledown flies through the air...'

Stir the water, milk, and rose petals with the index finger of your right hand. Say:
'Silent as the mighty seas...'

Gently pour the mixture that you have created into the bath. Say:
'Peaceful here without a care.'

Step in. Bathe for as long as you wish. Let the water absorb negative thoughts and worries. Allow yourself a few moments of healing peace.

THE BEWITCHING BATH

Ingredients: Oranges, Fresh mint leaves

This bath is guaranteed to turn you into a love Goddess!.

Simply fill the tub with warm water, and add five whole navel oranges and a bunch of fresh mint leaves. Get in the tub. Peel the oranges and squeeze the juice into the bath water. Rub the fruit onto your hair and skin. Eat a few slices and anoint yourself.

Do the same with the mint. Rub it into the body and hair and chew on a leaf or two. (You should be physically clean before taking this bath. Do not soap off when you're done.)

Let your body and hair air dry, now dress for your date.

The combination of orange and mint will make you irresistible!

MAGICKAL BATH

To be used prior to rituals or magical workings:

Mix up in a 4-inch square cheesecloth, equal parts of the following: Vervain, Mint, Basil, Thyme, Fennel, Lavender, Rosemary, Hyssop, Valerian.

Light a white candle. Run a bath one quarter full of very warm water, & add the herbs. Relax in the bath, squeezing the herbal bag to release the herbs. You can use a natural soap to clean yourself physically while the herbs cleanse you psychically. When you are finished, dry yourself, dress as desired and take the candle with you to the room where your ritual or magic is to be performed. The white candle can then be used to light the God and Goddess candles and you can commence your workings as desired.

HEALING AND HERBAL BATHS

Why not experiment with different combinations until you are happy with the mix?
(this will be your own special herbal bath mix!)

STIMULATING

basil, bay leaf, citronella, fennel, lavender, lemon, lemon verbena,
peppermint, oregano, pine, rosemary.

RELIEF OF DEPRESSION

rose, geranium, lavender, patchouli

STRESS RELIEF

lemon balm, rose, jasmine, sage, lavender

RELAXING

catnip, chamomile, Comfrey, elder, evening primrose (flowers), jasmine (flowers),
lemon balm, rose (petals), Vervain, tansy (flowers).

FOR ACHING MUSCLES

pine, juniper, thyme, lavender, rosemary
Agrimony, bay leaf, mugwort, oregano, sage, strawberry (leaves).

HERBAL HEALING BATH MIXTURE

2 parts Lavender 2 parts Rose 1 part Peppermint 1 part Cinnamon

This bath speeds the healing process.

To help with colds and 'flu, add 2 parts Eucalyptus to the mix.

If you are sensitive to any of the above ingredients, try 4 cups of good quality ground coffee per bath, this works well for people recovering from illness.

TONING HERBAL BATH TEA

-- 2 parts lavender buds 1 part yarrow flowers 1 part peppermint 1 part Thyme

Blend the ingredients together and put into your muslin bath bags, toss into a hot tub of water and enjoy your all-natural bath tea!!

LOVER'S BATH

4 drops Ylang Ylang 2 drops Clary Sage

1 drop Bergamot 1 drop Sandalwood

Swish the e/o's throughout the bath water. Candlelight, soft music.

CHANGE YOUR LUCK NUTMEG BATH

6 tsp. ground Nutmeg 1 cup warm Water Coffee filter

Place the nutmeg in the coffee filter.

Pour the one cup of warm water into the coffee filter and let the tea brew. When the liquid is cool, draw a warm bath and pour the tea in the bath water. Soak at least ten minutes.

This bath will cleanse the aura and negativity within you that draws bad luck. It also makes others more accepting of your ideas, whims, and wants. Use before important discussions or meetings with those you feel may be unresponsive to you.

FOR HERBAL BATHS

Make a sachet filled with the herbs recommended in the recipes.

Place the sachet in the tub and let steep until the water is colored and scented.

As you step into the tub, feel the herb's energies mixing with your own.

Visualize your magickal goal. Invite the herbal energies to soak into your body.

Then use your visualization to send them out into the universe to bring your need manifestation.

MENTAL HEALING

You should use mental healing for stress. It is helpful for focusing yourself on a single task and relieving tension. It may also help with headaches and other tension related symptoms.

It is simple and involves mostly relaxing techniques.

First, prepare a bath of warm water. To this bath add one part sage, two parts lavender, one part cinnamon, and one part rosemary; just enough to have pleasant scent. Immerse yourself in the water. Feel the tension from your body and mind flow into the water.

When you are immersed in the water, relax into a trance-like state. Feel your positive energy flow through your body. You should feel your energy magnified by the water. Sit in the water until it is no longer comfortable or cold. When you get out of the tub, you leave your tension and stress in the water. As the water washes down the drain, so does your stress. When you get out of the tub you should feel relaxed and positively energized. If you still feel tension, try a self purification.

LUST BATH SALTS

1 cup Epsom salts 2/3 cup table salt 1/3 cup baking soda
14 drops orange oil 14 drops lime oil 10 drops rosemary oil
8 drops cinnamon oil color: orange

LUST BATH SALTS

3 parts sandalwood 2 parts patchouli 1 part cardamom Color: red

LUCK BATH

Create a bath of pineapple, orange rind and poppy seeds.
Let the aromas carry good fortune to you.

LOVE BATH TO ATTRACT LUST

Need: 1/4 teaspoon wintergreen, pinch of hibiscus, Damiana

Light a pink (for romance) or red (for passionate relationship) candle in your bathroom. Pour all of the ingredients in the cheesecloth and fill your bath with water bath, go inside and place the cheesecloth (tied) into the bath water and let it diffuse, visualize the kind of lover you want and what type of relationship you wish to have. Thank the goddess/gods and snuff out the candle (don't blow out!). Do not rinse or use soap! Let this beauty/attraction bath stay on you for the rest of the night.

LOVE BATH TO ATTRACT FRIENDS

Need: $\frac{1}{2}$ teaspoon yerba maté or sage, 1 tablespoon of pineapple juice, some bread crumbs.

Light a pink (for romance) or red (for passionate relationship) candle in your bathroom. Pour all of the ingredients in the cheesecloth and fill your bath with water bath, go inside and place the cheesecloth (tied) into the bath water and let it diffuse, visualize the kind of lover you want and what type of relationship you wish to have. Thank the goddess/gods and snuff out the candle (don't blow out!). Do not rinse or use soap. Let this beauty/attraction bath stay on you for the rest of the night.

LOVE BATH TO ATTRACT LOVE

Need: $\frac{1}{4}$ teaspoon of orris root powder, 1 tablespoon yarrow, $\frac{1}{4}$ teaspoon rosemary, pinch of Vervain, candle

Light a pink (for romance) or red (for passionate relationship) candle in your bathroom. Pour all of the ingredients in the cheesecloth and fill your bath with water bath, go inside and place the cheesecloth (tied) into the bath water and let it diffuse, visualize the kind of lover you want and what type of relationship you wish to have. Thank the goddess/gods and snuff out the candle (don't blow out!). Do not rinse or use soap! Let this beauty/attraction bath stay on you for the rest of the night.

LOVE BATH TO ATTRACT LOVE

Need: pink or red candle, cheesecloth, drain stopper, 1 drop of attraction oil, $\frac{1}{2}$ tsp dill, $\frac{1}{4}$ tsp rosemary, $\frac{1}{4}$ tsp of lavender, 1 tbsp lemon juice.

Light a pink (for romance) or red (for passionate relationship) candle in your bathroom. Pour all of the ingredients in the cheesecloth and fill your bath with water bath, go inside and place the cheesecloth (tied) into the bath water and let it diffuse, visualize the kind of lover you want and what type of relationship you wish to have. Thank the goddess/gods and snuff out the candle (don't blow out!). Do not rinse or use soap! Let this beauty/attraction bath stay on you for the rest of the night.

LOVE BATH TO ATTRACT LOVE

Need: rose petals or drop f rose oil, $\frac{1}{2}$ teaspoon of marjoram, pinch of rue, rose quartz, or bryl stone, cheese cloth, candle (color either red or pink).

Light a pink (for romance) or red (for passionate relationship) candle in your bathroom. Pour all of the ingredients in the cheesecloth and fill your bath with water bath, go inside and place the cheesecloth (tied) into the bath water and let it diffuse, visualize the kind of lover you want and what type of relationship you wish to have. Thank the goddess/gods and snuff out the candle (don't blow out!). Do not rinse or use soap! Let this beauty/attraction bath stay on you for the rest of the night.

SPELL FOR SELF CONFIDENCE

Fill you bath with hot water and sprinkle fresh rose petals on the surface light four candles of your favorite color, place towels over mirrors in the bathroom and light the candles at each of the four corners of your bath turn the lights off and focus on your best feature then relax in the bath and 'wash' either physically or mentally away negative feeling, after this say out loud:

*I am beautiful/handsome,
I have friends and I am loved
I have confidence.*

Get out of the bath after completely submerging yourself. Dry yourself off and get ready blow out the candles and go out feeling refreshed and younger!

DO IT YOURSELF BATH SALTS

Base Ingredients: Epsom salt, Sea salt, Baking soda

Optional ingredients: Finely powdered herbs, powdered oatmeal, powdered milk, food coloring

Fragrance: Essential oil blends or Fragrance oils as desired.

Directions:

All ingredients must be water soluble, or be in such a finely powdered state that it is invisible in the water. Also, if your salt is a large crystal type, grind your salt first in a food processor until it is finely ground. Combine all dry ingredients in a large zip-lock bag; mix well. Add fragrance and/or coloring slowly, squinch up the bag and really mix well. Keep mixing. Mix some more. Pour into a glass container -plastic will eat up any fragrance you put in.

HIVES

If you've ever had hives you know how itchy they can be. A simple remedy:

Place 2 drops of German Chamomile into 1/4 cup baking soda and add to a bath.

BATH TO LOOK YOUNGER

Need: 2 tablespoons of oatmeal, 1 drop of anise oil, ½ teaspoons of ginseng, ¼ teaspoon of maidenhair fern

Light a pink (for romance) or red (for passionate relationship) candle in your bathroom. Pour all of the ingredients in the cheesecloth and fill your bath with water, go inside and place the cheesecloth (tied) into the bath water and let it diffuse, visualize the kind of lover you want and what type of relationship you wish to have. Thank the goddess/gods and snuff out the candle (don't blow out!). Do not rinse or use soap! Let this beauty/attraction bath stay on you for the rest of the night.

BRING OUT BEAUTY AND ATTRACT LOVE BATH

Need: $\frac{1}{4}$ Apple juice, $\frac{1}{2}$ teaspoon of dried orange peel, 1 peach pit, some avocado
Light a pink (for romance) or red (for passionate relationship) candle in your bathroom.
Pour all of the ingredients in the cheesecloth and fill your bath with water bath, go inside
and place the cheesecloth (tied) into the bath water and let it diffuse, visualize the kind of
lover you want and what type of relationship you wish to have. Thank the goddess/gods
and snuff out the candle (don't blow out!). Do not rinse or use soap! Let this
beauty/attraction bath stay on you for the rest of the night.

BATH TO FLIRT

Need: 13 daisy petals, 1 tablespoon of lavender, Pinch of cinnamon
Light a pink (for romance) or red (for passionate relationship) candle in your bathroom.
Pour all of the ingredients in the cheesecloth and fill your bath with water bath, go inside
and place the cheesecloth (tied) into the bath water and let it diffuse, visualize the kind of
lover you want and what type of relationship you wish to have. Thank the goddess/gods
and snuff out the candle (don't blow out!). Do not rinse or use soap! Let this
beauty/attraction bath stay on you for the rest of the night.

LOVE BATH SPELL

Start this spell on a Friday evening at seven o'clock by adorning your bathroom with one red rose in a water-filled vase and seven pale green candles. Run the bath water, and honor Venus by adding to it one cup of sweet amber honey, one cup of pink wine, a splash of rose-scented perfume, and several drops of myrtle and clover essential oils. Next, get undressed, light the candles, turn off the light, and enter the tub. Allow the warm delicious water to soothe your muscles and your spirit. Imagine that your lover finds you beautiful, impossible to resist, and ready to submit to your charms. When the visualization is complete, drain the water from the tub and stand under a cool shower. This will further magnetize your body, and draw your lover to you.

CLEANSING RITUAL

This ritual is a self cleansing ritual. It was designed to cleanse the body, mind & spirit of residual negativity after being involved in magical battles (specifically, exorcism).

Components & Tools: A tub to draw a bath A white candle Essential Oil of Myrrh Essential Oil of Frankincense Sea Salt (fine, bath salts)

Preparations: Place the white candle so that its light can shine upon you when you are in the tub. Mix 9 drops Myrrh and 3 drops Frankincense into 1/8 cup sea salt. Be certain that you will not be disturbed for at least 20 minutes, preferably an hour. Shut off the phone ringers, etc.

Ritual: Invoke your sacred space. (using what means is appropriate for your practice) Light the candle. Recite the following:

Spirits of Fire do I call upon thee.

Send thy divine fire and burn through the darkness.

Shed thy light upon me and clear the shadows of my soul.

Draw a bath of hot water. (the warmest you can comfortably get into) Recite the following:

Oh spirits of water do I call upon thee.

Enter this sacred space and lend me thy cleansing powers.

From the waters we come and to water we return.

As the tub fills (about half way), sprinkle the salt into the waters.

Recite the following:

Oh spirits of earth do I call upon thee.

Ground and disperse all that is not of light.

Mix with me and cleanse me of the weight of darkness.

Once filled, settle into the tub. Relax and feel the light and warmth. Breath in the vapors of the oils and recite the following:

Oh spirits of ear do I call upon thee.

Thou art my breath and my life.

Let me breath in thy light and release the smoke of darkness.

Breath and feel the energy about and within you. Feel the light of fire burning away that which clings to you. Let the water's warmth wash through you, and lift away the darkness. Feel the salt cling to the darkness and ground it for you. Feel your lungs fill with light and carry out the fog of darkness as you exhale.

Remain in the bath till you feel that all the darkness that will release has left you.

Stand, or kneel, and pull the plug from the tub. As the water drains, recite the following:
As we come from the waters so shall we return. Oh earth and water, take from here the darkness. Disperse it and ground it. Let it weigh upon me no more.

Dry off. Put out the candle. Thank the divine and the spirits & open your sacred space.

HEALING VORTEX SPELL

Moon Phase: 4th Quarter

Items Needed: dried lavender, sage, and hyssop; about 1 tsp. each, patchouli or rose essential oil a tbsp. sea salt

Fill the bathtub with hot water making sure the water is mildly uncomfortable, but not too hot. Before you get in, hold your hands above the water and recite 3 times:

"This is Cerridwens Cauldron, the mists of change arise"

Add the sea salt. Hold the lavender in your hand and say:
"lavender for love"

then sprinkle it in the water. Do the same for the sage and hyssop:
"sage for strength, hyssop for healing"

Add a few drops of the essential oil. With your hand, athame', wand etc. Stir the water widdershins (counter clock-wise) to create a downward spiral drawing energy. As you stir the water recite:

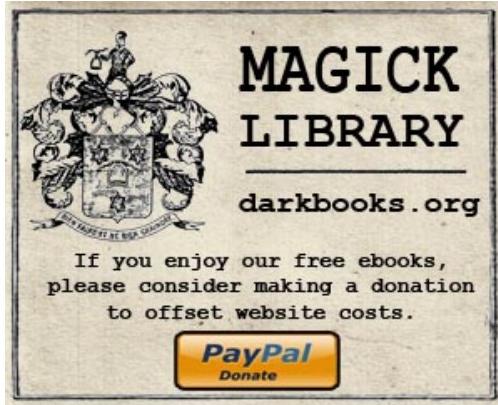
*"Flowers and water keep sickness at bay;
The downward spiral takes it away."*

Use your intuition to determine how long you should stir and chant...
Once in the tub, relax and visualize all the negativity leaving your body through your pores.

With each breath, you exhale it from your body.

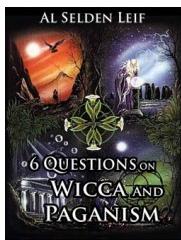
Continue this for as long as you wish, but it should be at least 30 minutes.

As an added boost, use a white candle to draw in positive energy and to purify, and a black candle to absorb the negativity. It also creates a softer light that makes it easier to relax. You can also burn your favorite incense to help you relax.



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Al Selden Leif : "6 Questions On Wicca And Paganism"

Contemporary Paganism is the restoration of indigenous religion especially that of ancient Europe. Paganism has grown in popularity greatly during the last hundred years. The growth coincides with a decline in Christianity in Europe and the increase in knowledge of past and distant cultures. WICCA sometimes called Wicce The Craft or The Old Religion by its practitioners is based on an ancient religion of love for life and... [>>read more<<](#)



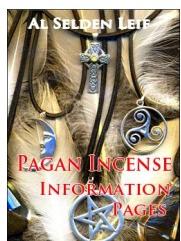
Al Selden Leif : "Pagan Samhain Recipes"

I have mentioned previously several things that you can make for this time of year and now I am going into more depth on a few things. Hope you enjoy them and have fun making some wonderful things for your samhain rituals and celebrations. Halloween is said to be derived from Samhain pronounced SOW rhymes with cow-in defined by the Irish Texts Society as All Hallowtide the feast of the dead in Pagan and Christian times... [>>read more<<](#)



Al Selden Leif : "Native American Tribe Unknown The Totem And His Or Her Partner"

A totem is any supposed entity that watches over or assists a group of people such as a family clan or tribe. Totems support larger groups than the individual person. In kinship and descent if the apical ancestor of a clan is nonhuman it is called a totem. Normally this belief is accompanied by a totemic myth. Although the term is of Ojibwe origin in North America totemistic beliefs are not limited to Native Americans. Similar... [>>read more<<](#)



Al Selden Leif : "Pagan Incense Information Pages"

Incense calms the nerves brings a mystical feel to any room and is often used in Pagan ritual. Our high quality incense come in sticks cone and granular form. All are quite effective and suit a wide range of purposes. Incense often used in Neopagan rituals to represent the element of air although more modern approaches to incense magic demonstrate that incense actually represents all of the elements. This is attributed to the... [>>read more<<](#)